



## NOMINATION FORM

*Empowered* is an event to pay tribute and celebrate the accomplishments of extraordinary women in the Greater Helena Area. The founders of the YWCA Helena were visionary women in the Victorian era, who broke social constraints and challenged conventional thinking. They removed bias by creating a network of women across all religious denominations and worked tirelessly for the rights of women, children and people of color. This event honors their legacy.

### **Maria Dean Woman of the Year Award**

The Maria Dean Award of Excellence recognizes a woman who exemplifies a commitment to the Greater Helena region. She leads with compassion and removes unnecessary barriers. She is devoted to her busy profession yet still carves out time to actively participate on numerous boards or lead committees. She is a driving force for improving the lives of women, girls and embraces diversity.

### **Frieda Fligelman Innovator Award**

The Frieda Fligelman Innovator award recognizes a young woman who is active in social movements to expand educational and economic opportunities. She thinks globally and acts locally. She embodies a personal commitment to the advancement of social and racial justice. She challenges policies that perpetuate prejudice and impede the advancement of human rights.

### **Margaret Freeman She Speaks Power Award**

The Margaret Freeman She Speaks Power award recognizes a woman who uses the power of looking back to move forward. She retains a wealth of historical knowledge of the fight for equality. She reminds us of the sacrifices others have made. She champions the cry that there is still work to be done and motivates others to act now.

### **Mary Prescott Path Maker Award**

The Mary Prescott Path Maker Award recognizes a woman who invests endless energy in improving access to programs which benefit children and stabilize families. Where others notice a barrier, she sees an opportunity to create a new path. Though she may be a soft-spoken force, her commitment is undaunted. She is well respected in the community.

### **Adelaide Child Benefactor Award**

The Adelaide Child Benefactor Award recognizes the generosity of a woman who contributes to the Helena YWCA because she believes in the mission. She gives generously to other nonprofits as well as investing volunteer hours. She has a positive outlook for the future and encourages her friends to donate to organizations she trusts.

### **Girls of the World Youth Leader Award**

The Girls of the World Youth Leader Award recognizes a high school female student who is civically engaged and community minded. She speaks up when she sees injustice. She doesn't hesitate to take on a leadership role and motivates others to rally for a cause.

## Eligibility

All outstanding women and girls in the Greater Helena Area are eligible for nomination. The following are ineligible for recognition at this event:

- YWCA Helena staff and current members of YWCA Helena's Board of Directors.
- Posthumous nominations will not be considered.
- Individuals running for political office.

## How to Nominate

The questions in this document are intended to be a guideline for nomination. Additional materials may be requested by the selection committee after the initial nomination has been reviewed. Please send your completed nomination to the attention of Michelle Robinson, YWCA Helena, 501 N Park Ave, Helena, MT 59601 or email to [michelle@ywcachelena.org](mailto:michelle@ywcachelena.org).

**Nominations must be received on or before Friday, March 28, 2025, at 5:00 pm.**

Nominations received after this deadline will not be accepted.

### NOMINATOR (YOUR) INFORMATION

Name \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

### NOMINEE INFORMATION

Name \_\_\_\_\_

Works/resides in which part of the Greater Helena area: \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**Place a checkmark to indicate which category you are nominating:**

- Maria Dean Woman of the Year
- Frieda Fligelman Innovator
- Margaret Freeman She Speaks Power
- Mary Prescott Pathmaker
- Adelaide Child Benefactor
- Girls of the World Youth Leader

### I give permission to the YWCA Helena:

- to contact me if more information is required about my nominee.
- to mention my name when contacting this nominee.
- to have my written nomination shared publicly if my nominee is selected.

**Nominees will be evaluated based on the information submitted. Additional information to support the nomination may be submitted. Letters of support will be accepted.**

**1. Describe what makes this person outstanding in their field. (Please provide specific examples.)**

If you have worked with them in a paid or non-paid capacity, please describe an experience demonstrating their character and commitment.

**2. Describe specific achievements this person may have accomplished through any of the following:**

volunteer activities – personal experiences – paid employment or membership organizations

**3. Describe how this person is a role model, mentor, and/or leader for others**

**4. Describe how this person has impacted the lives of citizens of this community. Please provide specific examples.**

**5. Describe how this person works to empower women and eliminate racism.**

**6. Is there any additional information you'd like to add?**